



Park &
Recreation

Swanson Pool

3585 Governor Drive, San Diego, CA 92122
(858)552-1653 • www.sandiego.gov



August 28, 2017 – June 17, 2018
Pool Closed December 25, 2017–April 1, 2018

LAP SWIM

Monday/Wednesday	7:30am-1:00pm
Monday/Wednesday	6:00pm-7:00pm
Tuesday/Thursday	4:00pm-7:00pm*
Friday	7:30am-2:00pm
Saturday	12:00pm-3:00pm

*Limited Lap lanes available

RECREATIONAL SWIM

Monday/Wednesday	10:30am-1:00pm
Monday/Wednesday	6:00pm-7:00pm
Tuesday/Thursday	4:00pm-6:00pm
Friday	10:30am-2:00pm
Saturday	12:00pm-3:00pm

Holiday Hours

Labor Day Monday Sept. 4, 2017 12:00-4:00pm
Veteran's Day observed Fri. Nov. 10, 2017- closed
Thanksgiving Day Thursday Nov. 23- closed
Friday Nov. 24 12:00-4:00pm

WATER FITNESS

Aquatic Body Conditioning (ABC)—This is a total body conditioning class; Multi-level, low impact, cardio respiratory workout held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants do not need to know how to swim.

Mon/Wed/Fri 8:15am-9:15am

Arthritis: This class is approved by the Arthritis foundation. Specially trained and certified instructors lead this class. Participants perform gentle stretching and strengthening exercises in the water. Movement is performed at a low to moderate intensity to develop muscular strength, endurance and increase range-of-motion. Arthritis is not necessary to enroll in this class.

Mon/Wed/Fri 9:30am-10:30am

Adults/Seniors \$3.50/class
DISCOUNT PASS \$30.00/10 Classes

Facility Admissions

Child/Disabled/Senior	\$2.00
Adults (16 & older)	\$4.00

Discount Passes

Adults (16 & older)	\$85.00 / 30 swims
	\$30.00 / 10 swims
Child/Disabled/Senior	\$40.00 / 30 swims
	\$15.00 / 10 swims

All Aquatic Programs, Schedules, and Fees may change due to enrollment and/or be cancelled without notice

- Passes expire one year from the date of issue and can be used at any City Pool.
- All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.
- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times.
- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

YOUTH WATER POLO (ages 9- 17)

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.



Tuesday/Thursday
6:00pm-7:30pm
\$27.00/Month

(Fees are due at the beginning of each month)

YOUTH SWIM TEAM (ages 6-17)

Youth Swim Team is a recreational swim organization for youth 6-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers participate in swim meet competitions with other City of San Diego swimming pools.

Prerequisite: Completion of Level 3, Competitive Skills course or Pool Manager's approval.

White Level

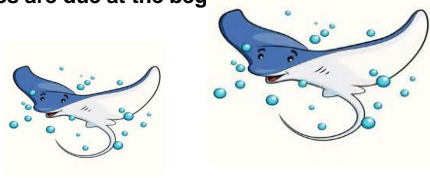
Mon-Thurs 4:00pm-5:00pm

Silver Level

Mon-Thurs 5:00pm-6:00pm

\$38.00 per month

(Fees are due at the beg



RENTALS

All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

SAFETY CHECKS

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619)533-4017 or visit <http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

DONATIONS

By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPIO Division, (619)525-8235.

LIFEGUARDING CLASSES

The Winter Aquatic Vocational Education (W.A.V.E) and (S.A.V.E) Spring Aquatic Vocational Education Programs offers individuals and opportunity to participate in a Lifeguard Training Course offered at an affordable cost. The Program is limited to 30 participants. Attendance at all scheduled classes is mandatory. Upon successful completion of this course, candidates are required to complete at least 30 hours of volunteer work at an authorized aquatic facility. **Please contact the Pool manager to receive more information.**

Cost: \$85.00

(\$50.00 class fee and \$35.00 Red Cross certification)

W.A.V.E PROGRAM

Ned Baumer Miramar College Aquatics Center

10440 Black Mountain Road

(858)538-8083

Saturdays & Sundays Oct. 7-Nov. 5, 2017

Tryouts @ 9:00am sharp October 7th

S.A.V.E PROGRAM

City Heights Swim Center

4380 Landis Street

619-641-6126

Saturdays & Sundays February 3-March 4, 2018

Tryouts @ 9:00am sharp February 3rd

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.